



Report on
SPECIAL LECTURE
ON
“POWERING YOUR HEALTH WITH NUTRITION”

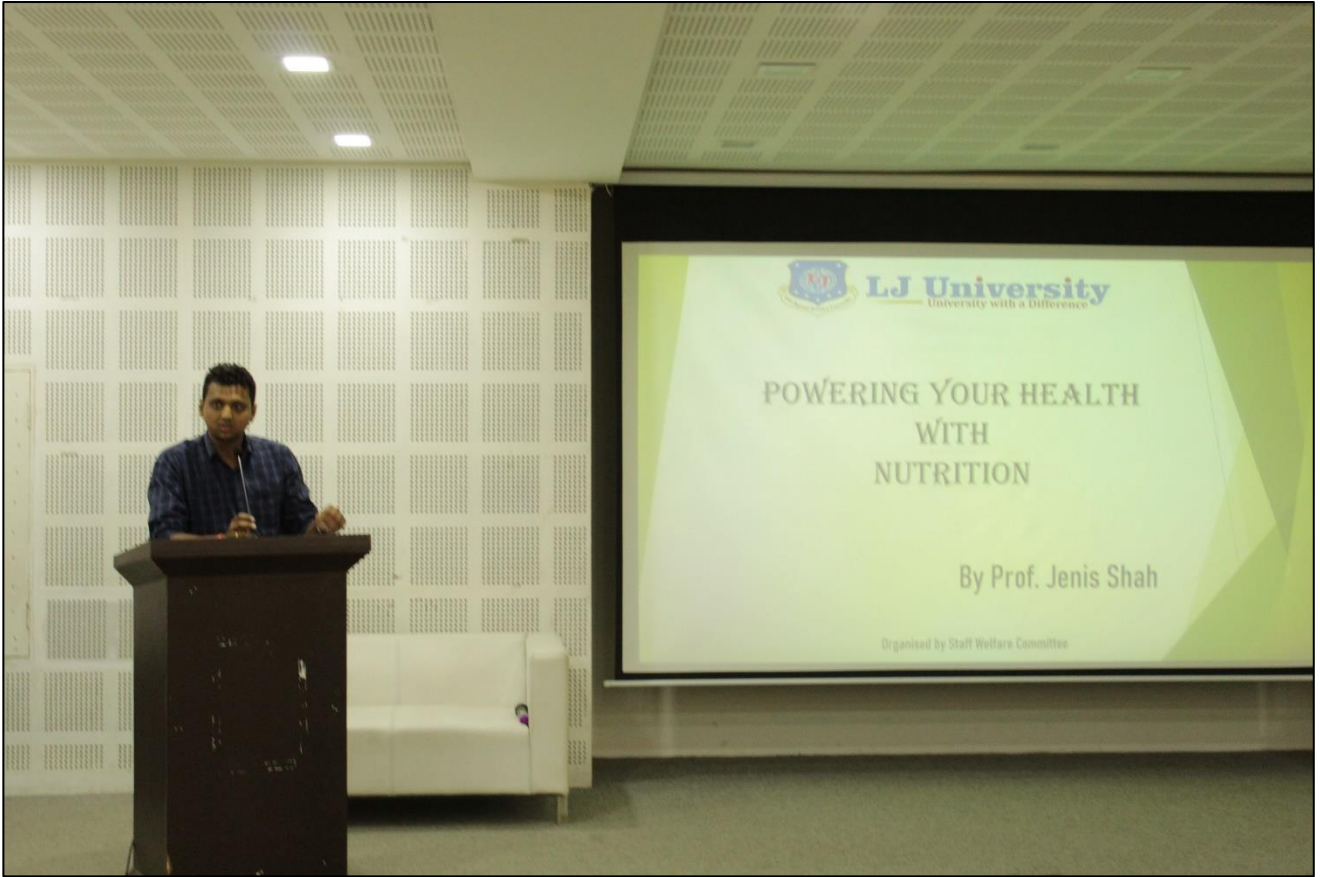
The Staff Welfare Committee organized a Staff Health Event on February 24th, 2024 at LJIET Campus, to aimed at promoting the well-being and health consciousness among staff members. The event featured a special lecture delivered by Mr. Jenis Shah, focusing on the theme "Powering Your Health with Nutrition." The lecture provided invaluable insights into nutrition, dietary habits, and lifestyle choices conducive to overall health and well-being.

Mr. Jenis Shah provided practical guidance on making healthier food choices, considering the diverse needs and preferences of individuals. He underscored the importance of incorporating nutrient-rich foods into daily diets and highlighted the role of balanced nutrition in promoting optimal health.

In addition to dietary advice, He also emphasized the significance of regular exercise, walking, and yoga for maintaining physical fitness and overall well-being. He elucidated how incorporating physical activity into daily routines can contribute to a healthier lifestyle.

The event also featured interactive sessions where staff members had the opportunity to address their concerns and queries regarding nutrition and health. Mr. Jenis Shah provided personalized insights and practical tips to address these concerns, fostering a supportive environment for learning and discussion.

Special Lecture Photos



Staff Welfare Committee Photo

